

**YOU WILL NOT BE ALLOWED TO PARTICIPATE IN THE  
PHYSICAL FITNESS TEST WITHOUT THIS FORM BEING  
COMPLETED AND SIGNED BY YOUR LICENSED PHYSICIAN.**

**DO NOT MAIL THIS FORM TO THE STATE PATROL.**

**YOU MUST BRING IT WITH YOU ON THE DAY OF YOUR  
EXAMINATION AND TESTING IN GRAND ISLAND.**



**NEBRASKA STATE PATROL  
2011 SWORN OFFICER SELECTION PROCESS**



**PHYSICIAN CLEARANCE FOR CANDIDATE FOR  
PHYSICAL FITNESS TESTING**

I have examined, and am of the opinion, that \_\_\_\_\_ is capable of participating in the Nebraska State Patrol's physical fitness test as described below:

- 1) **Body Mass Index** (BMI – No physical activity required; candidate must have a BMI of 29 kg/m<sup>2</sup> or less based on the weight and height measurements taken on the day of testing.)
- 2) **Handle Weapons** (Candidate will be required to pick up and hold a handgun, pull trigger and work the slide of the handgun three times with each hand; pick up and hold a shotgun, pulling the trigger and working the forearm of the shotgun three times.)
- 3) **Scale Lift & Carry** (Candidate will be required to grasp two 45-pound scales, by the handles, lift them from the ground, and carry them a distance of 30 feet.)
- 4) **Run with Obstacle** (Candidate will be required to jump down from a two-foot platform, run a total distance of 100 feet, jump across a four-foot wide obstacle on the ground, and end by crouching behind an object, with a 12-second time limit.)
- 5) **Dummy Drag** (Candidate will be required to grasp a 165-pound dummy and drag it a distance of 39 feet in 20 seconds.)
- 6) **1.5 Mile Run** (Candidate will be required to run one and one-half (1.5) miles in a time limit that is determined by gender and age. Refer to the following table for the time limits (in minutes and seconds) for each group:

AGE GROUP	MEN	WOMEN
20-39	15:10	18:30
40-49	16:00	19:20
50-59	17:30	20:45

\_\_\_\_\_  
Licensed Physician's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Licensed Physician